

WHAT IS CLAIMED IS:

1. A normally handheld instrument adapted to be removably affixed to
the hand of a user, comprising:

an instrument body;

a utensil connected to the body;

5 a retainer attached to the instrument body;

wherein the retainer is adapted to allow it to be removably affixed to a part of the user's hand in such a way that, when so affixed, the attached instrument body is positionable in at least two positions: a first resting position and a second normal use position.

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2. A normally handheld instrument comprising:

body means for providing a utensil;

retainer means for removably attaching the instrument to a part of a hand of a user,

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attachment means for attaching the retainer means to the body means; said retainer means and attachment means together allowing the body means, when the retainer means is removably affixed to a part of the user's hand, to be positionable into at least two positions: a first resting position and a second normal use position.

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3. An instrument adapted to be removably affixed to the finger of a user, comprising:

a body;

a utensil connected to the body;

25 a retainer attached to the body, the retainer being adapted to fit one of the user's fingers chosen from the group consisting of the index finger, middle finger and thumb;

wherein, when the retainer is attached to the finger, the body of the instrument is positionable in at least a first resting position and a second normal use position.

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4. An instrument adapted to be removably affixed to the finger of
a user, comprising:

5 body means for providing a utensil,
 retainer means for affixing the instrument to one of the user's fingers
 chosen from the group consisting of the index finger, the middle finger, and the
 thumb,
 attaching means for attaching the body means to the retainer means
 wherein the retainer means and attachment means together allow the
10 body means to be positioned in a resting position and, by simple movement of the
 user's fingers, hand, or arm is available for use in a normal use position.

5. The instrument of claims 1-4 wherein the instrument body is
short.

15 6. The instrument of claim 5 wherein the instrument body is less
 than 2 inches.

7. The instrument of claims 1-4 wherein the retainer is resiliently
20 adjustable and shapeable.

8. The instrument of claims 1-4 wherein the instrument may be
worn on the either hand.

25 9. The instrument of claims 1-4 wherein the instrument is static.

10. The instrument of claims 1-4 wherein the instrument is
dynamic.

30 11. The instrument of claims 1-4 wherein the attachment of the
 retainer to the body is accomplished by a substantially Z-shaped attachment adapter.